

The Recipes from Spicy Chocolate by Dawn Greenfield Ireland

Be on the lookout for the cookbook: Cooking with Dawn Greenfield Ireland and the Alcott Family Characters due out in 2020.

The Recipes

Perfect Roast Pork

Cook the Story <http://cookthestory.com/>

This recipe serves four to ten people. Allow 3-1/2 hours to prepare the roast which includes resting time. It will be juicy and tender on the inside while having a nice brown crust on the outside.

Ingredients:

4-8-pound boneless pork butt or pork shoulder
salt
black pepper
garlic powder
chicken broth

Directions:

1. Allow the roast to sit at room temperature for 30 minutes to an hour.
2. Preheat oven to 300°F.
3. Trim excess fat from the roast but be sure to leave a thin layer.
4. Heavily season the roast all over with pepper and garlic powder. Sprinkle with salt.
5. Put the roast in a roasting pan, fat-side-up.
6. Add at least an Inch of chicken broth to the pan.

7. Bake, uncovered for 40 minutes per pound.
8. Replace the broth as needed.
9. Remove the roast from the oven and transfer it to a plate.
10. Let the roast rest for at least 30 minutes. Use this time to make your gravy.
11. Preheat the oven to 475F.
12. Put the roast in a clean roasting pan.
13. Roast uncovered, for 13-17 minutes until browned.
14. Remove the roast from the oven and carve immediately.

Chicken with Riesling

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ACTIVE: 30 MIN; TOTAL: 1 HR 10 MIN 4 SERVINGS

5 tablespoons unsalted butter

One 3½ pound chicken, quartered

Salt and freshly ground pepper

1 large shallot, minced

2 tablespoons Cognac

1 cup dry Riesling

6 oz. white mushrooms sliced

1 tablespoon all-purpose flour

1/3 cup heavy cream

Melt 2 tablespoons of the butter in a large skillet. Add the chicken, season with salt and pepper and cook over moderate heat until slightly browned, about 4 minutes per side.

Add the shallot and cook, stirring, for 1 minute.

Add the Cognac and carefully ignite it with a long match. When the flames subside, add the Riesling, cover and simmer over low heat until the chicken breasts are just cooked, about 25 minutes.

Transfer the breasts to a large plate and cover with foil. Cover and simmer the legs until cooked through, about 10 minutes longer. Transfer to the plate.

Meanwhile, in a medium skillet, melt 2 tablespoons of the butter. Add the mushrooms, season with salt and pepper and cook over low heat until the liquid evaporates, about 7 minutes. Increase the heat to moderate and cook, stirring, until browned, about 3 minutes.

In a bowl, blend the flour and the remaining 1 tablespoon

of butter. Stir the cream into the large skillet; bring to a simmer.

Gradually whisk the flour paste into the cooking liquid and simmer, whisking, until no floury taste remains, 3 minutes. Season with salt and pepper.

Return the chicken to the skillet. add the mushrooms and briefly reheat.

CHICKEN PARMESAN ROLL-UPS

By: Girl Gone Gourmet

PREP TIME: 10 mins

COOK TIME: 30 mins

TOTAL TIME: 40 mins

Thin sliced chicken breasts rolled up with cheese and herbs then topped with breadcrumbs. It's a fun way to do chicken parmesan!

Serves: 2

Ingredients

1 cup tomato sauce
6 thinly sliced boneless chicken breasts (see note)
2 tablespoons grated parmesan cheese
2 tablespoons grated mozzarella cheese
1 teaspoon fresh thyme, plus 1 sprig
1 tablespoon olive oil
1 garlic clove sliced
2½ tablespoons bread crumbs
salt & pepper

Instructions

1. Preheat oven to 350 degrees.
2. Spread the tomato sauce evenly in the bottom of a square baking dish.
3. Season each side of the sliced chicken breasts with salt and pepper.

4. Divide the cheese and herb mixture evenly across the slices and roll each slice up. Place each roll seam side down in the pan.
5. In a small pan heat the olive oil with the garlic and thyme sprig. Let it cook for a few minutes just to infuse the oil with the garlic and herb flavors. Discard the garlic and herbs. Turn off the heat and add in the breadcrumbs, stir to combine with the oil.
6. Sprinkle the breadcrumbs over the tops of the rolls. Bake the rolls at 350 degrees for 25-30 minutes, or until cooked through.

Cocktail Sausage Balls

Cooking with Dawn Greenfield Ireland

Ingredients

1 lb ground sausage meat (beef, turkey, pork, etc. – your choice, or combine!)
3 C biscuit mix
1 lb grated sharp cheddar cheese

Instructions

1. Mix all ingredients in a large bowl. Roll into cocktail-sized balls.
2. Place on cookie sheet and bake at 300 degrees until lightly browned, approximately 25 minutes.
3. You can freeze these yummy appetizers. I freeze these by a half-a-dozen in pint-size freezer bags for snacking.

Cranberry Turkey Crescent Pinwheels

Cooking with Dawn Greenfield Ireland

This recipe serves four. You can double, triple or go for dozens with this easy yummy recipe.

Ingredients

- 1 Can refrigerated crescent rolls
- 4 Oz cream cheese
- 8 Slices oven roasted deli turkey
- ¼ Cup Dried cranberries, chopped

Instructions

1. Heat oven to 350 degrees.
2. Unroll the dough and separate into rectangles – keep two triangles together. Press the seam to make one rectangle.
3. Spread 2 tablespoons cream cheese on dough within half an inch of the edge.
4. Sprinkle with a tablespoon of cranberries.
5. Top with two turkey slices.
6. Start from the short side and roll up the dough. Press the seam to seal.
7. Slice each roll into 2 pieces.
8. Place cut side down on cookie sheet.
9. Bake 14-16 minutes, or until golden brown.

Ginger Beef Lettuce Wraps

Cooking with Dawn Greenfield Ireland

Modified from Better Homes and Gardens Recipe

The bib lettuce makes a great wrap for this low-carb beef recipe. The beef and vegetables are marinated in a ginger and soy sauce mixture and then all is stir fried until the meat is cooked through. This wrap sandwich is not only healthy, but flavorful.

Minutes to cook: 7

Makes 12 wraps

Serves 4

Ingredients

1 lb beef flank steak or boneless beef top round steak
1 medium yellow or green sweet pepper, seeded and cut in bite-size strips
1 small zucchini cut into thin bite-size strips
½ medium red onion cut into thin wedges
1/3 cup ginger beer or ginger ale
3 Tbsp. soy sauce or Coconut Amino sauce
2 cloves garlic, minced
½ tsp cornstarch or arrowroot powder
2 tsp finely chopped fresh ginger
12 Bibb or leaf lettuce leaves (about 2 heads)
¼ C fresh cilantro leaves

Instructions

Trim fat from beef. For easy slicing, wrap and freeze beef for 30-45 minutes until firm.

1. Thinly slice beef across grain. Place beef in a self-sealing plastic bag.
2. Place pepper, zucchini and onion in another bag.
3. Combine ginger beer, soy sauce and garlic in a bowl. Pour into both bags. Seal bags and turn to coat. Refrigerate 4-6 hours, turning bags occasionally.
4. Drain marinate into bowl. Add cornstarch, mix. Set aside.
5. Heat oil in large nonstick wok or skillet over medium-high heat. Add ginger; stir-fry for 15 seconds. Add veggies. Stir-fry 3 to 5 minutes or until crisp-tender. Remove veggies to a bowl.
6. Add half the beef to wok. Stir-fry for 2-3 minutes. Or until beef is slightly pink in center. Repeat with remaining beef.
7. Return beef and veggies to the wok away from the center.
8. Stir the marinate. Add to center of wok. Cook until bubbly.
9. Toss beef and veggies to coat. Remove from heat.
10. Divide beef and veggy mixture among the lettuce leaves. Top with cilantro and roll up.

Super Duper Moist Roast Beef

By AYLABOO

A great recipe given to me from my Dad which was given to him by a famous chef. Goodbye dry tasteless meat. Hello melt-in-your-mouth yumminess!

Minutes to cook: 150

Serves 12

Ingredients

4.5 lb Beef pot roast

1 tsp salt

1 tsp garlic

1 tsp rosemary

Your favorite spices

Instructions

1. Heat oven to 450 degrees F.
2. Season roast beef with the spices.
3. Place in a roasting pan and roast for 30 minutes.
4. Reduce heat to 350 F and continue to cook for 90 minutes (20 min per pound).
5. Remove the roast and wrap tightly in aluminum foil (shiny side facing meat).
6. Place wrapped roast on a plate or cutting board for 30 minutes. (The roast will continue to cook in its own juices in the foil.)

Sweet Potatoes Hasselback with Cilantro & Lime

When I first saw these potatoes, I thought they were lobster tails! What a surprise, and they are yummy!

Ingredients:

3 Sweet Potatoes
5 garlic cloves, sliced
2 T chopped Cilantro
3 T oil (coconut or olive)
Zest of 2 Limes
1/4 tsp Salt

Directions:

1. Preheat oven to 425 degrees.
2. Place potatoes on a cutting board and cut a 1/4-inch slice from the bottom of each potato so they will lay flat.
3. Place two long wooden chopsticks on each side of the potato, lengthwise
4. Slice the potatoes crosswise, about 1/4-inch apart slices, cutting vertically, down to the chopsticks.
5. Place garlic slices in between the slices.
6. Mix together cilantro, oil, lime zest and salt.
7. Brush mixture on the potatoes.
8. Place in oven for 40 minutes.
9. Increase oven temperature to 450 and bake another 15 minutes.

Adjust this recipe for the number of guests.

Beverages

Pumpkin Spiced Martini

By Chad Tackett
<http://fitera.com/>

Ingredients

6 large ice cubes
4 ounces chilled coffee or espresso
1 shot Baileys
1/2 shot vanilla vodka
1/2 teaspoon pumpkin pie spice
Pinch of cinnamon

Directions

1. Combine the first 5 ingredients in a cocktail mixer, shake vigorously, and pour into a martini glass or over ice in a cocktail class.
2. Sprinkle cinnamon on top and enjoy responsibly!

Nutritional Info

Calories: 118
Fat: 1 g
Protein: 0 g
Carbs: 8 g
Fiber: 0 g
Sugar: 2 g

Note: this recipe is from Chad Tackett's *Top 100 Delicious Fat-Burning Recipes* book, which [you can get for just \\$7 here!](#)

Tiramisu Martini

By: The Cocktail Lady

www.ayearofcocktails.com/

Ingredients

1 1/2 ounces vanilla vodka
1 1/2 ounces crème de cacao
1 1/2 ounces coffee liqueur
3/4 ounces Irish Cream Liqueur
chocolate syrup
cocoa powder

Instructions

1. Drizzle chocolate syrup around the inside of a martini glass.
2. Stick the glass in the freezer to firm up the chocolate.
3. In a shaker, add ice, vanilla vodka, crème de cacao, coffee liqueur and Irish Cream Liqueur. Shake well.
4. Take martini glass out of freezer and rim with more chocolate syrup and then rim that with cocoa powder. Strain cocktail into the martini glass and enjoy.

Desserts

Dark Chocolate Avocado Truffles

Cooking with Dawn Greenfield Ireland

Total time: 2 hrs 30 mins

Makes 20 balls

Prep Time: 30 mins

This is a messy recipe, but the end results are so worth the mess! And, there's no sugar involved!

Ingredients

1 ripe avocado

½ cup dates, soaked (3 hrs.) and drained

¼ cup dark cocoa powder - plus - 2 T for dusting

1 ½ Tbsp. melted coconut oil

1 ½ Tbsp. coconut flour

dash of sea salt

Instructions

1. Place first 6 ingredients in a blender/food processor. I use my Ninja.
2. Blend on high until silky smooth.
3. Use a scraper to scrape down the sides of the blender and blend once more.

4. Sprinkle a chopping mat, waxed paper, or cutting board with the cocoa powder for dusting.
5. Scoop one tablespoon of the batter and roll through the cocoa powder to form a ball.
6. Place on a plate when completely dusted.
7. Repeat until all batter is rolled into balls through the cocoa powder.
8. Refrigerate balls 2-3 hours until hardened.

Banana Dessert Sushi

Alejandra Ramos of Always Order Dessert shares her quick and easy dessert option that's packed with healthy monounsaturated fats or MUFAs. Try it with your favorite nut butter and sweet toppings for an indulgent treat every day.

Ingredients

1 banana

2 tbsp unsweetened natural nut butter (such as cashew butter, peanut butter, or almond butter)

1/3 cup total of your favorite crushed or chopped nuts and seeds (such as almonds, pistachios, sesame seeds, chia seeds, flax seeds, unsweetened coconut flakes, etc.)

Directions

1. Spread a thin layer of nut butter on the entire banana.
2. Spread chopped nuts and seeds on a shallow plate and roll banana over it, pressing lightly so that the nuts and seeds stick to the banana. Slice covered banana into 1-inch thick slices. Eat immediately or place in the freezer until solid and then transfer to a zipped bag to store.

Optional additions: unsweetened cocoa powder, ground cinnamon, raw cacao nibs, sea salt

Note: Each daily serving is 1/2 banana (or approximately 3-4 sushi pieces).